

MEDIA RELEASE

2 April 2015

Be aware of daylight saving when enjoying the outdoors this Easter

Easter weekend is a popular time for New Zealanders to get out and enjoy everything our great outdoors has to offer. As part of preparation for outdoor adventures, the New Zealand Mountain Safety Council (MSC) recommends planning for reduced daylight and changeable autumn weather.

MSC Chief Executive Mike Daisley says while Easter is a great chance to venture out with friends and family, it is easy to forget about the time difference when enjoying yourself in the outdoors.

“Clocks fall back by an hour on Easter Sunday, which means the sun will set around 6pm on Monday, rather than 7pm. You need to be prepared and plan your trip around these times so you don’t get stuck in the dark.

“Every year we hear stories where people have been caught out with the change of clocks and they find themselves still on the track as the sun sets. This is very common on the Tongariro Alpine Crossing.”

Although MetService is currently anticipating spells of fine weather over the weekend, Mr Daisley says anyone heading into the outdoors should prepare for changeable autumn conditions by having the right gear on hand and checking the weather forecast again before departure.

“If the weekend starts off sunny, it may not stay that way. A lot of people get caught out without sufficient gear at this time of year, especially on the longer day walks like the Tongariro Alpine Crossing.

“It’s best to be prepared for all situations. Make sure you have the right equipment like head torches on hand, as well as clothing for a range of conditions.”

He said there are several tools online that can streamline the planning process for people looking to head outdoors. He recommended the [Outdoors Intentions form](#) on www.adventuresmart.org.nz as an easy way to record and communicate your intended route and return time to a trusted contact, and www.metservice.com for checking your local weather report before you leave.

Mr Daisley suggested people visit the MSC website www.mountainsafety.org.nz for free safety tips and other resources to help plan their journey, and encouraged people to remember the five simple rules of the Outdoor Safety Code – plan your trip, tell someone, be aware of the weather, know your limits and take sufficient supplies – before heading out over Easter Weekend.

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For more information or to arrange an interview, please contact:

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NOTES FOR JOURNALISTS:

The New Zealand Outdoor Safety Code:

1. Plan your trip

Seek local knowledge and plan the route you will take and the amount of time you can reasonably expect it to take.

2. Tell someone

Tell someone your plans and complete written Outdoors Intentions BEFORE leaving on your trip.

Use the free tools that make it easy on the www.adventuresmart.org.nz website. At the very least, tell a friend or family member where you are going and date and time to raise the alarm if you haven't returned.

3. Be aware of the weather

New Zealand's weather can be highly unpredictable. Check the forecast and expect weather changes. Check track and hut conditions. Beware of rivers – if in doubt STAY OUT.

4. Know your limits

Challenge yourself within your physical limits and experience. Take a Mountain Safety Council course.

5. Take sufficient supplies

Make sure you have enough food, clothing, equipment and emergency rations for the worst-case scenario. Take an appropriate means of communication such as a Mountain Radio or Personal Locator Beacon (PLB) and know how to use them.

About the New Zealand Mountain Safety Council

The New Zealand Mountain Safety Council (MSC) is a national organisation with a mandate from our member organisations to encourage safe participation in land-based outdoor activities.

www.mountainsafety.org.nz

www.avalanche.net.nz

www.adventuresmart.org.nz